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ABSTRACT

This book provides evidence that the pedometer is an effective tool for teaching students about physical activity, improving teaching and facilitating program accountability. It covers all the basics of starting a pedometer program, including how to use and store the devices. It also offers special considerations for school settings (e.g., minimizing breakage and loss, recording and storing data, fundraising, and involving parents and classroom teachers). The book includes 67 activities for K-12 students. Its seven chapters are: (1) "The Need for Physical Activity"; (2) "Physical Activity Measurement and Goal Setting"; (3) "Getting Started"; (4) "Basic Pedometer Activities"; (5) "Pedometer Activities for Elementary School Students"; (6) "Pedometer Activities for Secondary School Students; and (7) "Pedometer Activities for Families." Each chapter concludes with a list of books, articles, and Web sites that provide additional information about integrating pedometer programs into physical education as well as companies to contact for more information. (Chapters contain references.) (SM)